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Dr. Bernard Jensen



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YoungGiftedandFat Sharrell D. Luckett,2017-11-15 YoungGiftedandFat is a critical autoethnography of performing thin on the stage and in life Sharrell D Luckett s story of weight loss and gain and playing the beautiful desirable thin leading lady showcases an innovative and interdisciplinary approach to issues of weight and self esteem performance race and gender Sharrell structures her project with creative text interviews testimony journal entries dialogues monologues and deep theorizing through and about the abundance of flesh She explores the politics of Black culture and particularly the intersections of her lived and embodied experiences Her body and body transformation becomes a critical praxis to evidence fat as a feminist issue fat as a Black girl woman issue and fat as an ideological construct that is as much on the brain as it is on the body YoungGiftedandFat is useful to any area of research or course offering taking up questions of size politics at the intersections of race and sexuality

Visions of Health Dr. Bernard Jensen,1991-09-01 For over one hundred years researchers have studied the links between health and the patterns colors and textures of the iris In the United States Dr Bernard Jensen brought the art of reading the iris into the twentieth century In Visions of Health Drs Jensen and Bodeen describe the basics of iris analysis in easy to understand language with dozens of illustrations and color photos as well as charts for reading your own eyes and those of friends They believe that with this book in hand you can recognize weaknesses in the iris and adjust your lifestyle to achieve optimum health

Foods That Heal Dr. Bernard Jensen,1988-08-01 In Foods That Heal Dr Bernard Jensen uses the teachings of Hippocrates and VG Rocine as well as his own research and theories to offer compelling evidence that what we ingest has a profound effect on our health and wellbeing Part One may change the way you look at your next meal The section contains a host of helpful troubleshooting advice health cocktails for common ailments herbal teas tonics vitamin and mineral packed food combinations and detailed data on the roles foods play in the optimum efficiency of specific bodily systems functions and overall health Part Two provides an easy to understand guide to fruits and vegetables Each listing in this section presents a history of use a buyer s guide therapeutic benefits and nutrient information Part three contains easy to prepare recipes utilizing the Foods That Heal Each recipe makes use of the freshest and most natural ingredients ingredients that are not processed or altered by chemical preservatives food colorings or additives Both those looking to improve their health and those interested in taking an active role in enhancing their overall wellbeing will find this book interesting informative and full of common sense suggestions for attaining good health through proper nutrition

Fossil Vertebrates in the American Museum of Natural History American Museum of Natural History. Dept. of Vertebrate Paleontology,1918

Quantum NLP Christiane Turner,2013-11-26 The wait is over Humanity is going through a major learning curve on its path to maturity and we are already fully immersed in the adventure Ideas that seemed impossible just five or ten years ago are today becoming a part of the mass consciousness Every person on Earth is playing a vital role in that global transformation of consciousness that we are presently experiencing and every person s personal

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